

CONVERSION CHART

Units of length

1 inch = 2.54 cm
 1 foot = 12 inches = 30.48 cm

Units of weight

1 pound = 453.6 g
 1 stone = 14 pounds = 6.35 kg

feet	inches	m	stones	pound	kg	stones	pound	kg	stones	pound	kg
4	0	1.22	7	0	44.5	10	0	63.5	13	0	82.6
4	1	1.24	7	1	44.9	10	1	64.0	13	1	83.0
4	2	1.27	7	2	45.4	10	2	64.4	13	2	83.5
4	3	1.30	7	3	45.8	10	3	64.9	13	3	83.9
4	4	1.32	7	4	46.3	10	4	65.3	13	4	84.4
4	5	1.35	7	5	46.7	10	5	65.8	13	5	84.8
4	6	1.37	7	6	47.2	10	6	66.2	13	6	85.3
4	7	1.40	7	7	47.6	10	7	66.7	13	7	85.7
4	8	1.42	7	8	48.1	10	8	67.1	13	8	86.2
4	9	1.45	7	9	48.5	10	9	67.6	13	9	86.6
4	10	1.47	7	10	49.0	10	10	68.0	13	10	87.1
4	11	1.50	7	11	49.4	10	11	68.5	13	11	87.5
5	0	1.52	7	12	49.9	10	12	68.9	13	12	88.0
5	1	1.55	7	13	50.3	10	13	69.4	13	13	88.5
5	2	1.57	8	0	50.8	11	0	69.9	14	0	88.9
5	3	1.60	8	1	51.3	11	1	70.3	14	1	89.4
5	4	1.63	8	2	51.7	11	2	70.8	14	2	89.8
5	5	1.65	8	3	52.2	11	3	71.2	14	3	90.3
5	6	1.68	8	4	52.6	11	4	71.7	14	4	90.7
5	7	1.70	8	5	53.1	11	5	72.1	14	5	91.2
5	8	1.73	8	6	53.5	11	6	72.6	14	6	91.6
5	9	1.75	8	7	54.0	11	7	73.0	14	7	92.1
5	10	1.78	8	8	54.4	11	8	73.5	14	8	92.5
5	11	1.80	8	9	54.9	11	9	73.9	14	9	93.0
6	0	1.83	8	10	55.3	11	10	74.4	14	10	93.4
6	1	1.85	8	11	55.8	11	11	74.8	14	11	93.9
6	2	1.88	8	12	56.2	11	12	75.3	14	12	94.3
6	3	1.91	8	13	56.7	11	13	75.8	14	13	94.8
6	4	1.93	9	0	57.2	12	0	76.2	15	0	95.3
6	5	1.96	9	1	57.6	12	1	76.7	15	1	95.7
6	6	1.98	9	2	58.1	12	2	77.1	15	2	96.2
6	7	2.01	9	3	58.5	12	3	77.6	15	3	96.6
6	8	2.03	9	4	59.0	12	4	78.0	15	4	97.1
6	9	2.06	9	5	59.4	12	5	78.5	15	5	97.5
6	10	2.08	9	6	59.9	12	6	78.9	15	6	98.0
6	11	2.11	9	7	60.3	12	7	79.4	15	7	98.4
			9	8	60.8	12	8	79.8	15	8	98.9
			9	9	61.2	12	9	80.3	15	9	99.3
			9	10	61.7	12	10	80.7	15	10	99.8
			9	11	62.1	12	11	81.2	15	11	100.2
			9	12	62.6	12	12	81.6	15	12	100.7
			9	13	63.1	12	13	82.1	15	13	101.2